

Worker2Worker Wellness Webinar Series



Wellness Dimensions & Resilience: An Overview **April 30, 2020 12:00pm**

Amy Spagnolo, Ph. D. & Peggy Swarbrick, Ph.D.

<https://rutgers.webex.com/meet/marievog>

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Worker2Worker - Supporting the Wounded Helpers: Why Our Best Way to Help Others is to Take Care of Ourselves- Gerard Costa, Ph.D. - **May 14, 2020**

Worker2Worker-Taking a Look at What Stress Does to Our Brains and Minds: Strategies for Self-Regulation – Gerard Costa, Ph.D. – **May 28, 2020**

Worker2Worker-Spirituality, Meaning and Purpose - **June 11, 2020**

Worker2Worker -You and Your Finances: Growth, Stability and Satisfaction – Prudential Financial - **June 25, 2020**

Worker2Worker - Social and Emotional: Skills and Strategies to Cope with Stress –**July 9, 2020**

Worker2Worker - Work/Life Balance: Deriving Satisfaction from Work - **July 23, 2020**

Worker2Worker - Environmental: Living in a Space that Supports Well-being - **August 6, 2020**

Access all Webinars at the following link at 12:00pm Every other Thursday!

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